

# HEALTHMATTERS

## CINCINNATI HEALTH DEPARTMENT NEWSLETTER

DECEMBER 2018

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**"We Know Health Matters"**,  
CHD's show on Citicable,  
Time Warner Ch. 23.

### Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to  
share in the newsletter please send  
information to Marla Fuller at  
[marla.fuller@cincinnati-oh.gov](mailto:marla.fuller@cincinnati-oh.gov)

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### Deadline quickly approaching for 2019 health insurance open enrollment

Do you need health insurance coverage? Now is the time to enroll in a 2019 health plan, as open enrollment for health coverage through the Affordable Care Act marketplace is officially underway. The Health Insurance Marketplace Open Enrollment period is shorter than previous years and will run only through December 15, 2018. This year, consumers will only have 40 days to enroll and/or update their current Marketplace coverage, instead of the original 90 day period.

Open enrollment is the time period each year when you're allowed to start, stop or change your health insurance plan. Normally, you sign up around the end of one calendar year for coverage that lasts the next full year.

Currently, ten million Americans have government-sponsored health insurance under the measure. Health coverage and the financial support that make insurance affordable are up against a variety of scrutiny and challenges this year so it's important to enroll now so you can get the coverage you need.

While costs for marketplace plans is expected to increase next year, the Trump administration is also ending reimbursements for insurance companies required to provide low-cost plans. On average, consumers will see an increase of 34% for the most popular type of exchange plan.

Consumers should contact the **Outreach and Enrollment Team at (513) 564-2273 to schedule an appointment** at one of CHD's community health centers for enrollment assistance. Appointments are available at the following CHD locations:

- Ambrose H. Clement Health Center – 2101 Burnet Ave., 45229
- Braxton F. Cann Memorial Medical Center – 5818 Madison Rd., 45227
- Citylink Center – 800 Bank St., 45214
- Crest Smile Shoppe – 612 Rockdale Ave., 45229
- Elm Street Health Center- 1525 Elm St., 45202
- Millvale at Hopple Street Health Center – 1750 Beekman St., 45225
- Northside Health Center – 3917 Spring Grove Ave., 45223
- Price Hill Health Center – 2136 W. 8<sup>th</sup> St., 45204
- Walnut Street Health Center – 1005 Walnut St., 45202



The end of a year is a good time to look back, reflecting on achievements, and to look forward, to see what we still need to accomplish.

The year 2018 can be summarized in a few words: In the face of significant challenges, we made significant progress. I thank you for your continued commitment and all that you do to deliver on our mission – to help patients and clients seize opportunity at every stage of their lives to achieve health equity and improve the health and wellness of all who live, work and play in Cincinnati.

While there is much work to do and there may be further challenges ahead, we end 2018 stronger and better able to serve our community. We continued throughout the year to prepare for the Accreditation site visit. We continued to perfect our quality improvement efforts across both our medical services and administrative work. We opened and expanded facilities that provided more clinical services for our patients for primary, dental and vision care.

The New Year will bring its own mix of successes and challenges, but our direction is clear and we know what we must do. Our job is to continue to focus intently on what we can control: providing our patients and clients with the best service and most comprehensive health care services solutions in the market, manage our costs, recoup losses, building our brand, and do our part to keep the economy moving forward and our community healthy. Our long-term value will come through and be reflected in the health of our city over time if we accomplish that.

I appreciate all of your great work this year; it is because of you, and because we know we can do so much more for patients and clients, that I have such great confidence in our future. Please enjoy some well-deserved rest with family and friends during this holiday season, and let's get right back to it in 2019. I could not be more excited about what's in store for next year, and for the opportunity to work with all of you to make it happen.

### World AIDS Day 2018

World AIDS Day takes place on December 1 each year. Founded in 1988, World AIDS Day was the first ever global health day. Globally, there are an estimated 36.7 million people who have the virus. Despite the virus only being identified in 1984, more than 35 million people have died of HIV or AIDS, making it one of the most destructive pandemics in history.

Today, scientific advances have been made in HIV treatment, there are laws to protect people living with HIV and we understand so much more about the condition. Despite this, each year thousands of people are diagnosed with HIV in the US, people do not know the facts about how to protect themselves and others, and stigma and discrimination remain a reality for many people living with the condition.

World AIDS Day is important because it reminds the public and government that HIV has not gone away – there is still a vital need to raise money, increase awareness, fight prejudice and improve education.



The United States and other countries across the globe have made great progress in controlling HIV; however, much more needs to happen. Leadership and partnership in all levels of HIV prevention will continue our collective success to achieve national HIV prevention goals and save lives in the U.S. and around the world.

### Events & Shout Outs!

**December 1—30th Anniversary, World AIDS Day!**

**December 14, 2:00 p.m.—Elm Street Health Center Renaming Ceremony (changing to Bobbie Sterne Health Center ), 1525 Elm Street**

**Congratulations to Mr. Patrick Duhaney for his permanent appointment to serve as the Cincinnati City Manager!**

### Congratulations Ms. Carlyn



Pat Carlyn RN, MHA, BSN resigns from CHD for an early retirement after nearly six years as the Director of

Nursing. During her tenure she was responsible for HIPAA, Risk Management, Regulatory Compliance, and Quality Improvement. Carlyn plans to get a little rest and relaxation and spend time with her grandson and family. Congratulations and best of luck to you, Pat. Thank you for your years of service.

## Prepare your home and car for winter weather

The weather has a habit of changing pretty rapidly, especially in Ohio during the winter months. Powerful winter storms driven by jet streams moving at a speed of 200 mph can bring large amounts of snow and ice causing whiteout conditions. In some cases the temperatures can drop over 50 degrees in a matter of hours. If travelers don't check the weather forecast and plan accordingly, these fast-changing conditions can be a matter of life or death when we are on the road.

While the danger from winter weather varies depending on where you live, nearly everyone is likely to face some type of severe winter weather at some point in their lives. Many winter storms are accompanied by dangerously low temperatures and sometimes bring strong winds, ice, sleet and freezing rain, or a combination of these conditions.

Regardless of the severity of a winter storm, plan now to be able to stay where you are when the storm hits. This means having basics supplies of food and water in several locations, including in your home, vehicle and work-place. Be sure to listen to weather forecasts and check your emergency supplies.

### Winterize your home:

- Install a smoke detector and a battery-operated carbon monoxide detector. Test the batteries each month and replace them twice a year.
- Insulate walls and attic and any water lines that run along outer walls so they are less likely to freeze.
- Repair roof leaks and cut away tree branches that could fall on your home during a storm.
- Install storm windows or cover windows with plastic from the inside.
- Have your chimney or flue inspected each year.
- Caulk and weather-strip doors and windows.
- Service all snow-removal equipment.



### In your vehicle:

You can avoid many dangerous winter travel problems by planning ahead. Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall, do the following:

- Have the radiator system serviced or check the antifreeze level yourself with an antifreeze tester. Add anti-freeze as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Replace any worn tires, make sure the tires have adequate tread, and check the air pressure in the tires.
- During winter, keep the gas tank near full to help avoid ice in the tank and fuel lines.

### A Message from the Board of Health



Phil Lichtenstein, MD  
Chair, Board of Health

In passing the Affordable Care Act (ACA), federal lawmakers made a commitment that people with pre-existing conditions should be able to buy insurance on the same terms that are offered to other consumers. One of the most important--and popular--provisions of the Affordable Care Act is the expansion of health coverage to low-income families through the Medicaid program. The Medicaid expansion provides additional opportunities for individuals to qualify by allowing adults ages 18-64 who normally are not eligible for Medicaid, to be eligible.

If you, your family members or friends do not receive health insurance this is the time to sign up. The deadline for open enrollment is December 15, 2018. You can get free help by calling the Cincinnati Health Department at **(513) 564-CARE (2273)**. Let us help you get covered. Our trained Certified Application Counselors are ready to provide free help and walk you step-by-step through the enrollment process and help you get covered.



## Preventing frostbite and hypothermia

When the weather is extremely cold, try to stay indoors. If you must go outside, dress properly. Staying out in the cold too long can cause serious health problems. Hypothermia and frostbite are the most common cold related health problems.

Hypothermia, or abnormally low body temperature, is a dangerous condition that can occur when a person is exposed to extremely cold temperatures. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well.

Frostbite is a serious condition that's caused by exposure to extremely cold temperatures. It is a bodily injury caused by freezing that results in loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation.

According to the Centers for Disease Control and Prevention, you may have a greater risk of developing frostbite if you:

- Have poor blood circulation
- Are not properly dressed for extremely cold temperatures

## Recognizing frostbite

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. Any of the following signs may indicate frostbite:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- Numbness: victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

## What to do

- If you detect symptoms of frostbite, seek medical care. First determine whether the victim also shows signs of hypothermia is a more serious medical condition and requires emergency medical assistance.
- If (1) there is frostbite but no sign of hypothermia and (2) immediate medical care is not available, proceed as follows:
- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
- Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
- Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

Remember that these procedures are not substitutes for proper medical care. Hypothermia is a medical emergency and frostbite should be evaluated by a health care provider.

## Be prepared

Taking a first aid and emergency resuscitation (CPR) course is a good way to prepare for cold-weather health problems. Knowing what to do is an important part of protecting your health and the health of others.

Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home and car in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems.



**Foodborne illnesses and germs**

Did you know that food safety is the most important ingredient in preparing food for the holidays? According to the Center for Disease Control and Prevention (CDC), every year, an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases.

Many different disease-causing germs can contaminate foods, so there are many different foodborne infections. Researchers have identified more than 250 food-

borne diseases.

Most of them are infections, caused by a variety of bacteria, viruses, and parasites.

Harmful toxins and chemicals also can contaminate foods and cause foodborne illness.

People who have consumed dangerous foodborne bacteria will usually feel symptoms within 1 to 3 days of eating the contaminated food. However, sickness can also occur as quickly as 20 minutes or up to 6 weeks later. Although most people will recover from a foodborne illness within a short period of time without medical care, some are not so fortunate. In some cases, foodborne illness can lead to chronic, severe, life-threatening health problems or even death.

This is especially true for people with weak immune systems including the very young, elderly, and people with diseases that weaken the immune system or who are on medicines that suppress the immune system. Pregnant women also need to be careful.

Food poisoning may cause symptoms like diarrhea, vomiting, upset stomach, or nausea. See your doctor if you experience:

- High fever (over 101.5°F)
- Blood in stools
- Diarrhea that lasts more than three days
- Frequent vomiting that prevents you from keeping liquid down
- Signs of dehydration (decrease in urination, dry mouth and throat, and feeling dizzy when standing up)

Tips to prevent food poisoning:

**Clean** - Wash your hands and work surfaces often.

**Separate** - Separate raw meat, poultry, seafood, and eggs from ready-to-eat foods in your shopping cart, refrigerator, and meal preparation area.

**Cook** - Cook food to the right internal temperature to kill harmful bacteria. Use a food thermometer.

**Chill** - Keep your refrigerator below 40°F. Refrigerate leftovers within 2 hours of cooking (or within 1 hour if above 90°F outside).

The top five germs that cause illnesses from food eaten in the United States are:

- Norovirus
- Salmonella
- Clostridium perfringens
- Campylobacter
- Staphylococcus aureus (Staph)



Some other germs don't cause as many illnesses, but when they do, the illnesses are more likely to lead to hospitalization. Those germs include:

- E. coli
- Clostridium botulinum (botulism)
- Listeria
- Escherichia coli (E. coli)
- Vibrio



## CHD Works to Protect Pregnant Moms and Babies

In recognition of Prematurity Awareness Month in November, CHD teamed up with community partners Cradle Cincinnati, March of Dimes, and elected officials to host a press conference to bring attention to the role stress plays in preterm birth.

During the event, the organizations shared research findings and county-wide initiatives to improve maternal and infant health and to reduce infant mortality. The research presented suggests that women experiencing high levels of stress during pregnancy are at an increased risk of preterm birth than women with lower levels of stress.



More than 1,100 babies are born preterm in Hamilton County every year. Extreme preterm birth, or when a baby is born before the end of the second trimester, is the leading cause of infant mortality locally, accounting for 60% of deaths in the last five years.

A variety of factors can influence stress, including anxiety, depression, perceived racism, the community in which one lives and/or works, social expectations and socioeconomic level. Simply having someone to talk to can lessen pressure. However, in 2016, more than 11% of moms (and 22% of black moms) reported not having someone to discuss their problems with during pregnancy in Hamilton County.

Mitigating stress via social support is one of several new priority areas for Cradle Cincinnati. With funding from the Ohio Department of Medicaid, Cradle Cincinnati and its partners are expanding two promising approaches to reducing maternal stress and preterm birth: group prenatal care and community health workers and home visitors.

Group prenatal care is an evidence-based alternative to traditional prenatal care. This approach allows women to build important social connections as they experience their prenatal care together in a group setting. CenteringPregnancy, a model of group prenatal care, is currently offered by TriHealth, Christ Hospital, WinMed Health Services and UC Health.

“Stress and uncertainty contribute to poor perinatal outcomes. In CenteringPregnancy, women are able to support one another, feel more secure, and access care in a timelier fashion,” said Dr. David Dhanraj, Medical Director of TriHealth Faculty Medical Centers. “Those things all contribute to the better pregnancy outcomes we have actually seen with CenteringPregnancy.”

Community health workers and home visitors serve women during and after pregnancy and help with issues related to housing, transportation, food and employment. Women enrolled in these programs are also eligible for Moving Beyond Depression, an identification and treatment program for moms struggling with depression.

“One thing I know for sure is that every mom-to-be could use a little support,” said Melba Moore, Health Commissioner of the Cincinnati Health Department. “One of the best places to start is talking with a community health worker. If you need support during pregnancy, it’s a safe place you can turn.”

Learn more about group prenatal care by visiting [www.centeringhealthcare.org](http://www.centeringhealthcare.org). Moms-to-be can get connected to a community health worker or home visitor by calling 211.



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If not, be sure to like and follow:



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